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JAMAICAN CANADIAN ASSOCIATION

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Out of Many One People (Jamaican Motto)

*Submitted by
Milton Hart*

Jamaica may, under God, increase in beauty, fellowship and prosperity, and play her part in advancing the welfare of the whole human race" - excerpt from the Jamaican Pledge.

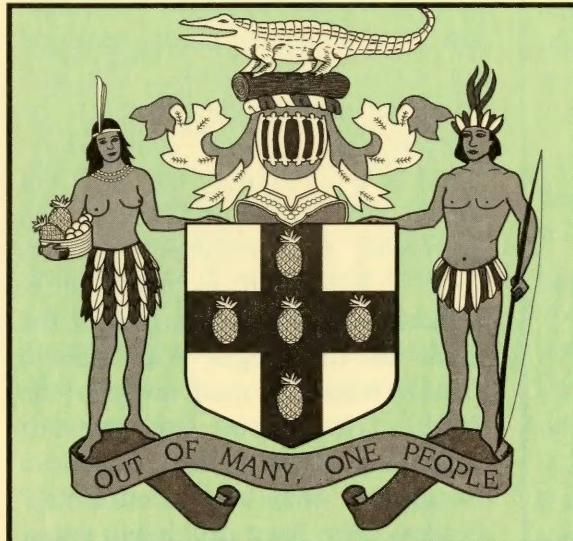
Our Jamaican culture is "the lynchpin that bonds us as a people and is vital to our quality of life" - P.J. Patterson, Prime Minister of Jamaica.

Jamaica's culture, forged by struggles, hardships and many successes, is that which identifies us as a unique people. Culture can be said to be our way of doing things. Without a shared culture, members of society would be unable to communicate and cooperate, and confusion and disorder would result. To a large degree, culture determines how members of society think and feel; it directs their actions and defines their outlook on life.

Jamaicans often take their culture for granted; it has become so much a part of us that we are often unaware of its existence.

Colonialism, slavery,

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segregation and discrimination are lamentable circumstances that were quite evident in Jamaican societies (one might argue that we still have much work to do in ridding our society of these maladies). The fact that we have overcome these situations, speak volumes about our resilience, methods of accomplishing tasks, and fortitude as a people. These problematic circumstances also play a role in shaping our culture.

Understanding all of this, we should also be mindful that

culture has little or no bearing on skin color. Indeed Jamaicans take many forms. Color (or the lack thereof) should never be seen as a disqualification where Jamaican-ness is concerned.

Though we (paraphrasing a quote from the late Bob Marley) have arrived "in this generation

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QUARTERLY MEETING

SUNDAY

**NOV. 30, 2003
2:00 p.m. - 6:00 p.m.**

Jamaican Canadian Centre
995 Arrow Road

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EDITORIAL

The African Canadian Legal Clinic (ACLC) has been in the news for quite some time sadly, not in a positive way. In a system where being Black brings with it the stigma of 'when you are right you are treated as being wrong', it seems that any "Black" organization which has chosen to go out on a limb and demand rights for the regularly disenfranchised Black community should be without reproach. Or at the very least, seen to be without reproach.

The ACLC founded nine years ago, has been under the media spotlight for many months now. The heat from the media lights seems to be hurting the general community. Frankly, a community that does not need any additional pain, in particular, pain inflicted from its own. With that in mind, it is imperative that the findings from the audit of the Legal Aid Ontario (LAO), who is the main funder of the ACLC exonerate the present leadership of the ACLC. It is also necessary that the community 'leaders' who have decided to speak at this time, on this present mess, make sure that the hardworking members of the community are not forced to endure being pushed further into the morass of this racist society.

This whole mess of allegation of mismanagement has been hush-hush for sometime and whatever the outcome, should serve as a wake up call that the idea of turning a blind eye to our problems, will never serve this community any good. It is important that we continue to recognize that these charges continue to be "allegations", however, the "if a nuh suh, a near suh" idiom is painfully disturbing at this

time. What does one expect others to believe when the official membership list of a public organization is tampered with? Does the ACLC's Constitution allow this? If it does, assuredly, the Corporations Act does not and that supercedes the Constitution. Enough said!

In reports from the LAO representatives, documents they requested from the leadership of the ACLC have not been forthcoming. If this is true, then the leadership of the ACLC cannot complain if the media, members of the racist public and members of the Black community start asking questions and maybe even arrive at their own decisions. This issue should not be taken lightly and this is not the time for wrongdoers to allow themselves to be seeking the protection of a community that hold strongly to the belief that it should not air its dirty laundry in public. Sometimes, the laundry becomes tattered and conscience alone makes it necessary to toss it out.

It is of paramount importance that the community never allows itself to forget the demise of the only Credit Union it ever owned. If the root of this 'boil' that has become such a sore thumb, not only on the ACLC, but on the community as a whole is not dealt with forthwith, the community should be prepared to watch the government throw out the baby with the bath water, (albeit a different government) in the same way it did with the issue of the Credit Union more than ten years ago. With the people voting for CHANGE, it is not far fetched to believe that the government will respond with CHANGE!

In the interest of the entire African Canadian community, the leadership of the ACLC must respond to these allegations by freely allowing a forensic audit and if necessary, step aside and allow the community to rise in the face of all its challenges.



President's REPORT

Valarie Steele

As the year winds to a close it gives me great pleasure to convey, on behalf of the Board of Directors and our wider membership, a warm and sincere thanks to all who have supported our many events over the past year. We wish you and your family a very Merry Christmas and a healthy, happy and prosperous New Year.

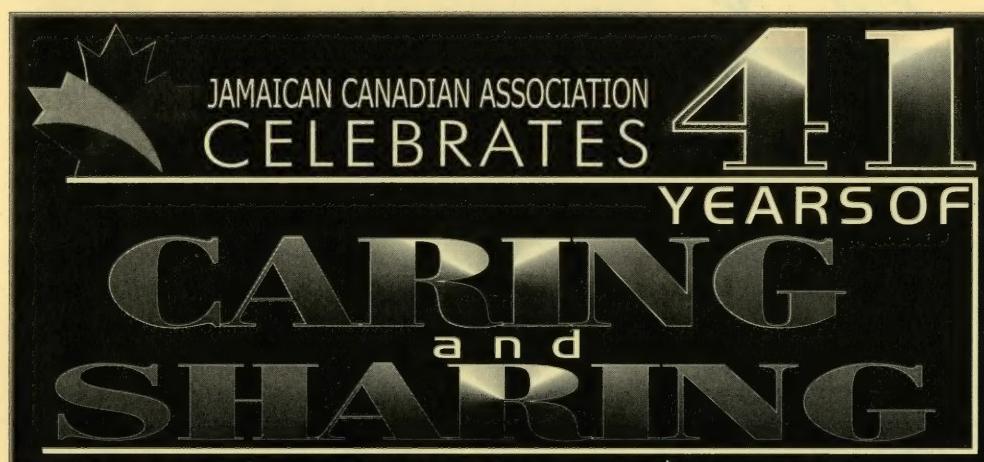
At 41 years and counting we continue to advocate on behalf of our community, ensuring that we take our rightful place in this society and that our children and grand children will follow in our footsteps in becoming all that they can be.

Our community center continues to host events that are reaching out far beyond our immediate

geographic service area and these events are talked about far and wide. We welcomed our new High Commissioner to Canada and the reception to launch Air Jamaica's flight next year. Both events drew lots of people from the wider community and it was fitting and symbolic to have these events at our own place. We will continue to do that in the future.

Many new things have happened in Ontario/Toronto recently. We have seen the election of a new government at Queen's Park, and the different faces are reflective of the real Ontario. A new Mayor along with some new faces at City Hall is also in place. These are all positive changes that will be beneficial to us in many ways. We believe that with our continued effort on behalf of our community we will have an ear or two in the halls of power that will be willing to dialogue with us as opposed to behaving as if we are not a part of Ontario. There will be many hurdles to clear, notwithstanding. However we have the wherewithal to do just that. We welcome having a government at Queen's Park that is willing to work with us as opposed to pointing fingers that will divide us.

TO OUR YOUNG PEOPLE
who believe that owning or having



access to a gun makes them powerful and strong - please, please get rid of them, stop shooting each other, start valuing your life and the lives around you. Far too many of you have already died long before you have lived to the age of real understanding. Turn your backs on the people who give you guns so that you can destroy our community. (Yes, when you use a gun or any other weapon to kill someone that has inconvenienced you in any way, you are not just killing your so-called enemy, you are destroying our community.) You are feeding into the hands of the fear mongers who, no matter how crime has declined, are calling for more police, more jail time and judicial inquiries. We want to rid our community of the guns that ruin the lives of so many of our families. There was a time when we decried those who arbitrarily shoot and kill you. Now they are providing you with guns so that you can kill each other. We are imploring you to stop this kind of destructive behaviour and get back to the values and good teachings that we have conveyed to you.

Take a chance at falling in love with yourself, even if you feel no one else loves you. Once you fall in love with you, you will be kind to you. You will go back to school, if you are not already there, you will want to keep yourself out of jail so that you can carry on with attaining the goals that you would have set for yourself.

To love yourself means that you will find it very easy to love others and will not likely be tempted to

Continued on Page 5



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Erma collins

The Jamaican Canadian Association will hold its annual Scholarship Awards Presentation on Saturday, November 22, 2003 at the JCA Center. In keeping with our honored tradition of recognizing our heroes and heroines within the organization, we would like to acknowledge one of our donors to this year's scholarship awards.

According to cultural anthropologist Joseph Campbell (1949), in times of darkness and confusion that test our minds, hearts, and spirit, we have often looked to heroes to give us courage and hope. Professor Erma Collins has taken courageous, responsible action to give hope to, and prepare our students for life in the twenty-first century, by making a generous offer of a scholarship in her name.

Professor Collins has had an illustrious and rewarding career in the field of education. She retired from George Brown College at the end of 1998, after 32 years of service, 27 years as a professor of English and 15 years as chairperson of the English and Liberal Studies Department at the St. James Campus. She is the author of:

"Brush up your English", a book she wrote to help college students fill in the gaps, in order to succeed with their post-secondary courses. From time to time, she has written newspaper articles. Some people in the JCA will remember the relief and renewal of self-worth that they felt when they read the spirited defense of the Black community that was written by Erma and published in the Toronto Star. This was during the period immediately following the "Just Desserts" killing in 1994, when the entire community was being vilified.

Erma's lifelong commitment to education and community-building has motivated her to be a sponsor of a BBPA Harry Jerome Scholarship beginning in 2001, and a 2003 JCA scholarship.

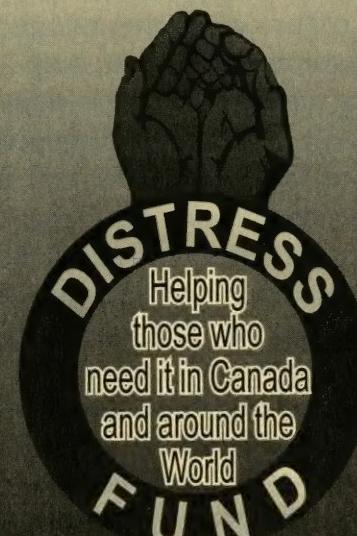
For the high quality of her involvement, Erma has received 18 awards of excellence or appreciation, including five from the JCA; a

St. Joseph Teachers' College in Jamaica; a B.A. in English from the University of Manitoba; and a M.Ed. in Adult Education from the University of Toronto.

Volunteering in church, clubs, and her workplace was an integral part of Erma's life before immigrating to Canada in 1967. Erma joined the JCA in 1967 and has been volunteering non-stop in many capacities in the JCA as well as in other organizations in Toronto. These organizations include: The Black Education Project; Bellevue Mental Health Project; African Famine Relief Committee; Women for P.A.C.E., the Harry Jerome Selection Committee, Black Education Working Group, Advisory Committee on English as a second Dialect Training, Community Advisory Group, Taking Action against Hate Project, B'nai Brith Canada, National Council of Jamaicans, Scarborough North and Scarborough Agincourt Provincial Liberal Associations; and the CNIB.

At the JCA, in addition to carrying out many projects, Erma has been Chair of the Education Committee, Executive Secretary, 1st Vice President, Chair of the Corporate Fundraising Committee, and currently, Board Liaison with the Golf Committee.

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Commemorative Medal for the 125th Anniversary of the Confederation of Canada (1993), City of Scarborough Bicentennial Civic Award of Merit (1996), Urban Alliance on Race Relations Award (1998); Harry Jerome President's Award (2000), and the Queen's Golden Jubilee Medal (2002). Her professional achievements have been featured in 3 publications: Jamaican Canadians: A Commitment to Excellence (1987), Some Black Women: Profile of Black Women in Canada (1993), and Who is Who in Black Canada (2002).

President's REPORT

Continued

act in the moment and do something that you will regret for the rest of your lives. At the JCA, we offer a wide range of programmes that can help any young person do what is right for them. We need more young people to join the association and help carry the torch into the 21st century. There are so many things that you could occupy yourselves with that are not only highly rewarding; you'll also have fun along the way and learn many positive things.

A bit of JCA History: The Jamaican Canadian Association ("JCA") was founded in the fall of 1962 at a time when the first wave of immigrants from the Caribbean were arriving in Canada. Many issues confronted the new immigrants such as employment, housing and other social amenities. Founded by a group of Jamaican expatriates, its main focus was to help immigrants from the Caribbean, mainly Jamaicans, to settle in Canada.

It was not long before it became the most important source of advocacy for a better life for immigrants in this country. Due to the fact that its membership included many teachers who were either trained in Jamaica or attended colleges in Canada, the association turned its attention to the field of education. In 1963 the association launched a scholarship fund for Afro-Caribbean students attending post-secondary educational

institutions. This project was funded by individual members and from profits accruing from fund raising activities. It was deemed compulsory that a portion of all the funds raised would be used to fund scholarships. The JCA's scholarship programme predates all the scholarships that are now in existence in our community.

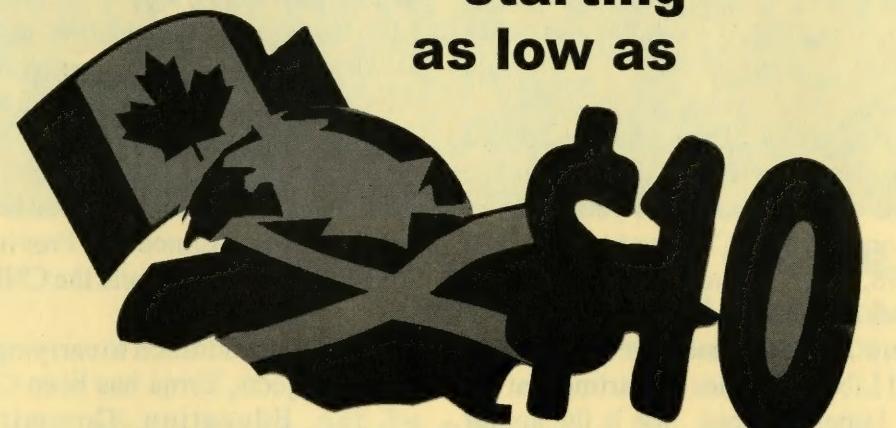
In 1980 the JCA instituted the 'I

have a Dream Scholarship.' This scholarship was given to honour the life and work of the late Dr. Martin Luther King Jr. Subsequently, the programme was temporarily suspended when the Association launched its building fund programme that resulted in the purchase and renovation of the present JCA Centre building which was formally opened in 1999.

Continued on Page 12

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BLACK ATHLETES ARE AMERICANS /CANADIANS UNTIL THE FIRST ACCUSATION

Submitted by
Milton Hart

Great American Sprinter Suddenly becomes "girl with Jamaican roots"

The ethnicity of Black athletes in North America is rarely celebrated or acknowledged while he or she is scandal-free or bringing money into the coffers of their respective governing organizations. After his/her first mishap, the "other" country in which the athlete was born or has ancestry is usually clearly outlined.

Let us examine the Kelli White case. You may recall that African-American Kelli White was America's poster-girl while she was dominating the sprint scene.

White became the first American woman ever to win the 100 and 200 meters in the same World Outdoor Track & Field Championships on August 28, 2003; taking both events in a world-leading and personal-best time of 10.85 and 22.05 seconds (respectively) at the Stade de France.

As a high school phenomenon, White in 2001 became a top American senior athlete. During her breakthrough season in 2001, White won gold (4x100m) and bronze (200m). At her first World Championships appearance, she lowered her 200m personal best twice in August, first in the semis of the World

Championships (22.54) and just a few weeks later at a Golden League meet in Brussels (22.38); only Marion Jones ran a faster 200m time (22.23) in the world in 2001.

You may also recall that White tested positive for a drug that is not even on the International Amateur Athletic Federation's banned list.

The following day, the below-mentioned sentence was emblazoned in a mainstream newspaper.

SAINT-DENIS, France - U.S. sprinter Kelli White, the girl with the Jamaican roots, said her positive test at the World Championships stemmed from prescription medicine for a sleep disorder, and the double gold medalist denied ever taking performance-enhancing drugs.

Kelli White's mother, Debra Byfield, was a Jamaican Olympian (4x400m) in 1972. Her father, Willie White, was not as prolific on the track as his wife but did represent his university in track and field.



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I can outline a slew of other such cases of which the Ben Johnson saga is legendary. He moved from being the all-conquering "Great Canadian Sprinter" to the "Jamaican-born Sprinter".

Johnson ran 9.79 seconds - then a world record - in the 100-metre final at the Seoul Olympics 15 years ago but was stripped of his gold medal after testing positive for a performance-enhancing drug.

I will argue that there is still a very strong anti-immigrant (or anyone looking like an immigrant) spirit wreaking havoc in North America. The "others" are tolerated as long as their work is construed as bringing praise to their respective North American nation.

In order to have true unity, we have to move away from simply tolerating and start accepting. Had we accepted these athletes as true Canadians or Americans, their ethnicity would not be used as a shield behind which some of the very people who profited from the athletes' prowess can hide.

The acknowledgment of the athlete's ethnicity (after the fact) is seemingly held as a figurative denunciation of the athlete's Canadian/American citizenship.

JCA WOMEN'S SPACE

Submitted by: JCA Women's Committee

VIDEO PRESENTATION AND DISCUSSION: "MISS AMY AND MISS MAY"

HELD ON SUNDAY,
SEPTEMBER 14, 2003

The video presentation "Miss Amy and Miss May" is based on the lives and friendship of two remarkable Jamaican women, Amy Bailey and May Farquharson, and their contribution to the Jamaican society.

Amy Bailey, the daughter of an eminent family of Black schoolteachers, was a leader of the Jamaican Women's Movement in the 1930s. She fought to get Black women employment in banks and stores.

May Farquharson, the daughter of a wealthy planter, was an early advocate of "taxing the rich to help the poor", and fought for reproductive rights for women and reforms to benefit the elderly.

Together, over sixty years of friendship, they crossed class and colour boundaries to fight for civil rights regardless of sex, class or colour, and the rights of women to enter political and professional life. Their unlikely friendship, and the brave unconventional and fulfilling lives they led, spanned the most exciting moments of Jamaica's recent history. This history covers a period of some eighty years, during colonial times and after.

This was a very interesting, historical and educational video that was well received. A lively discussion followed the showing of the video.

Taken from "Who is who in Black Canada"

Denise Andrea Campbell:

Youth Activist/Former President; National Action Committee on the Status of Women (NAC). Born: Jamaica 1975, in Canada since 1980.

Denise Campbell, at age 26, became the youngest president of NAC, Canada's largest feminist organization. She had been active in the community for many years as a youth activist and community organizer. In 1999, she became the first Young Feminist VP of NAC and created the Young Women Network when she took office. She has traveled extensively as a motivational speaker, addressing issues of racism, women, and youth empowerment. She has appeared on local and national media, and was featured in educational videos on volunteerism, child poverty, etc. She often represents a youth perspective for various media, including CBC TV/radio, YTV, and Muchmusic. In 1996, she co-hosted Girl/Talk on WTN for ten episodes, and co-produced an educational video on gender issues with young women. In addition, she also hosted a six-part

series on globalization. Campbell participated in a number of global conferences including the G-7 and People's Summits, 1995; Social Summit in Copenhagen, 1995; the World Conservation Congress in Montreal, 1996; and the Rio+5 Earth Summit in New York, 1997. Campbell co-created "Challenge the Assumptions", a multimedia educational package on systemic gender issues with 150 young women from 10 countries, and participated in the UNWCAR in South Africa with a two-year project working with young women to explore the barriers they face at the intersection of race and gender.

COMMUNITY INVOLVEMENT: Trillium Foundation, New Vision Optimist Club, Students' Commission/TG Magazine, Canadian Feminist Alliance for International Action, Royal Commission on Learning, and National Youth Week. Due to NAC's financial constraints, Campbell resigned as President in the fall of 2001. The following is a list of honors achieved by Campbell: Young Woman of Distinction, YWCA; Harry Jerome Award, Youth; Youth Achievement Award YTV; GG 125th Anniversary Medal; Lincoln Alexander Anti-Racism Award.

Published works: "Challenge the Assumptions".

EDUCATION: MA (candidate), McGill University. BA (Hon.), University of Ottawa.

HEROES/ROLE MODELS: Joan Grant-Cummings; Stoney McCart.

MOTTO: Courage is not the absence of fear ... rather the realization that there is something far more significant than fear.



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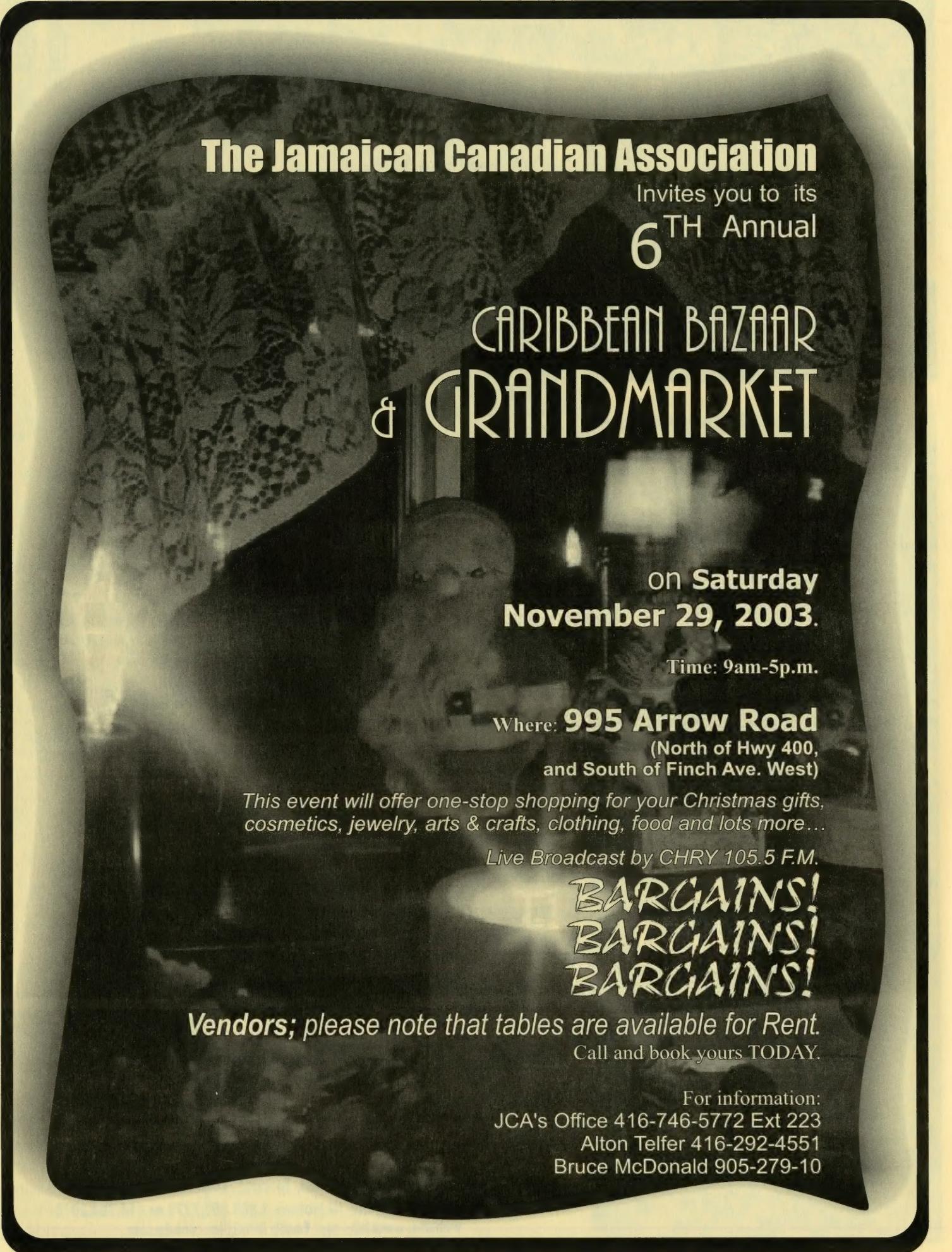
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Out of Many One People

Continued

triumphantly", there is no time for us to highlight our differences; this is a time to focus on what it is that make us Jamaicans and strive to make Canada and Jamaica better.

Singling out individuals for disqualification, based on skin complexion, from Jamaican-ness is not only discriminatory but will lead to our demise. This situation is synonymous to a team going into a championship game without all of its players; an army going into battle without some of its most skilled soldiers (you have gotten the idea).

Undoubtedly we have much to be proud of. Our human resources have been instrumental in world politics, sports, and, believe me, there is nothing significant going on in this world where a Jamaican or a person of Jamaican ancestry or affiliation is not considered to be a prominent player.

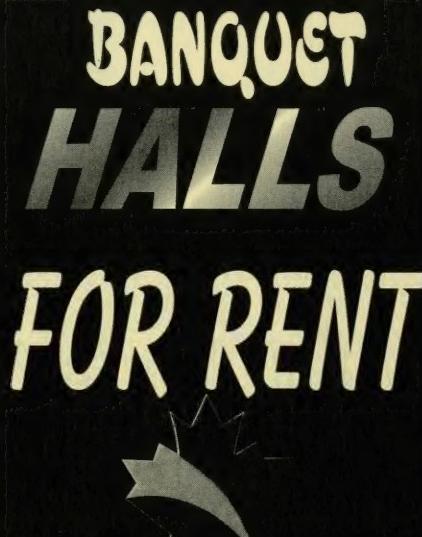
Jamaica will continue to increase in beauty, fellowship and prosperity, and play her part in advancing the welfare of the whole human race if we play as one team.

I have been told of situations where some Jamaicans (by virtue of skin color) feel that they do not belong in some Jamaican organizations. By now we should be seeing how lamentable this situation is.

The salient point of this article is that every Jamaican (or everyone) should be welcome to positively participate in anything that affects Jamaica.

Feel free to come out and be a part of the Jamaican Canadian Association - an organization that is poised to do great things in Canada and to make its impact felt in Jamaica.

The onus is on us to keep voicing the message that the color of one's skin is of no more significance than the color of one's eyes.



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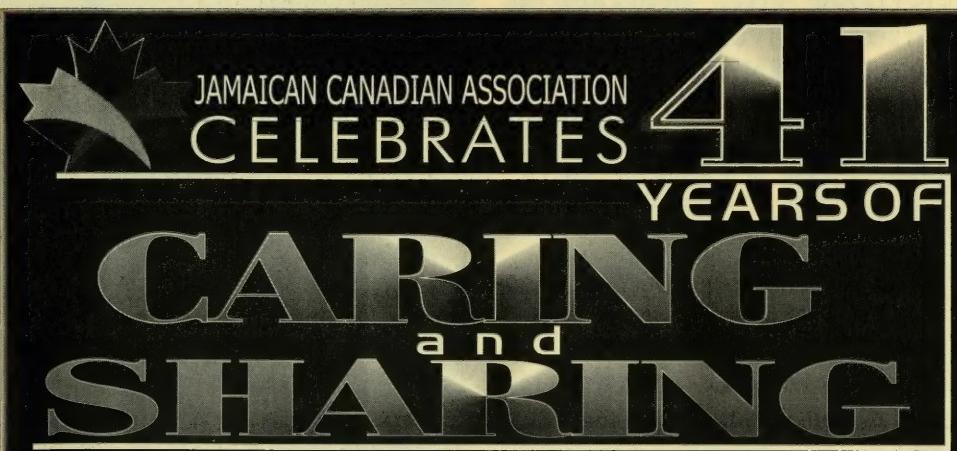
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The Jamaican Canadian Association's Annual Independence Gala event in August was a glorious occasion!

Filled with fun, food and fellowship, guests had an enjoyable time. As customary, awards were given out to members who have exemplified outstanding service to the JCA.

Among the recipients, two members of the Youth Affairs Committee were honored that night. Natasha and Natalie Blake received the distinguished President's Award for the time and dedication they have given to the JCA in their four years of membership. Following is a brief history on these twin sisters:

"I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME" (Philippians 4:13). This has been the motto for Natasha Blake's life. As a focused and driven individual, she developed a passion for volunteering at a young age. Her extensive volunteer work includes being: Youth Leader for AWANA Boys and Girls club, Big Sister for Youth Assisting Youth (YAY), Camera Operator for Rogers Community Television, Usher and Television Ministry Director at her church (Revivaltime Tabernacle Ministries), and Assistant Secretary for Women for PACE.

The combination of her love for youth and Jamaican heritage is

YOUTH AFFAIRS COMMITTEE



Natalie (L), Natasha (R)
sparkling beauties, intelligent and
committed to service

most fulfilled with her work at the JCA as a tutor and mentor for the Saturday Morning Tutorial Program which focuses on providing academic and cultural education to students. In addition, she serves as the Public Relations Officer for the Youth Committee and also sits on the JCA's PR Committee.

A graduate of the Radio and Television Arts program at Ryerson University, Natasha currently works with TV Ontario (TVO) as a bilingual Broadcast Programming Officer.

Apart from work and volunteering, family and church are top priorities. She attributes her compassionate spirit to her steadfast Christian faith and her best friend and mentor...her mother.

Born and raised in Toronto of Jamaican parentage, Natalie graduated from Ryerson University with a Bachelor of Social Work degree. She presently works as a Social Worker with the City of Toronto with disenfranchised segments of the population.

Natalie has been an avid volunteer in her community since the tender age of 14. Her first volunteer experience was as a French tutor for students in her neighborhood.

From then to now, Natalie has volunteered extensively for a spectrum of agencies such as Youth Assisting Youth, Women for Pace (Canada), Awana Boys and Girls club and at her church, Revivaltime

Volunteers are needed
at the
 Jamaican Canadian Association (JCA) Centre

To establish a Scout Movement. The Scout Movement will provide stimulating indoor and outdoor programs for young people from 5-26 years. Scouts Canada and members of the Canadian Armed Forces will provide the necessary training and guidance in operating the group. For further information, please contact

BARRY MORRISON
at the JCA,
416-746-5772

Tabernacle.

In addition to her vast volunteer work, much of her time and energy has been invested in the JCA. Since 1999, she has been a member of the Youth Committee and currently serves as an Event Coordinator. She also volunteers for the JCA's Saturday Morning Tutorial Program as a tutor, mentor and assistant co-coordinator.

Natalie credits her passion for community work to her mother who is her inspiration and role model. Natalie is a woman of God and stands firmly by her motto for life which is to *"Trust in the Lord with all your heart, lean not on your own understanding, in all your ways acknowledge Him and He will direct your paths"* (Proverbs 3:5-6).

President's REPORT

Continued

Last year the scholarship programme was reactivated and two scholarships were awarded. This year a total of four scholarships will be awarded to deserving students. The other two scholarships are from Ms. Erma Collins and Dr. Ezra Nesbitt.

We are looking for more scholarships and if you would like to sponsor a scholarship or know of someone who can, please speak with our Education & Cultural Committee Chairperson (416-746-5772) or visit our Website @

www.jcassoc.com and e-mail us through the link: jcassoc.org.

To our many volunteers who work tirelessly to make this association run smoothly, a million thanks - we could not do without you and we want you to know that we deeply appreciate your contribution to the JCA.

All the very best for the season to you and your family, MERRY CHRISTMAS, HAPPY NEW YEAR, walk good!


JAMAICAN CANADIAN ASSOCIATION
TOGETHER WE CAN DO IT.

Send Money

Without Breaking The Bank.

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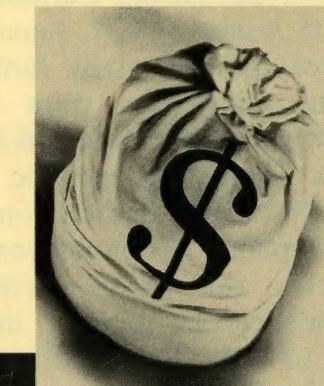
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TID BITS

By Alton Telfer

It is that time of year again when we have to mentally switch gears and go from summer to winter mode. I know that most of us, excluding the skiers, would prefer to be stuck in the summer mode; owing to the fact that this past summer was a fairly good one. I enjoyed it and I am hoping that you did as well. Summer officially ended on September 20th. and the feel of autumn was immediately felt on September 21st. Some people here in North America may not comprehend the term "autumn season" as it has been modernized and commonly known as the "fall season". Like a friend you love to hate, fall sometimes feel like winter.

In the last publication of the "In Focus", I mentioned that Jamaica, in alliance with other Caribbean islands, is preparing to sever allegiance from the British Privy Council and replace it with their own designated Caribbean Court of Justice (CCJ). Jamaica has since moved a step further with the suggestion from the Prime Minister, P.J. Patterson that Jamaica becomes a republic by March 2005. My observation is that the poorer Commonwealth Countries that have gained independence are always in a hurry to cut ties with the monarchy and, consequently, cease to be members of the Commonwealth. I am still trying to comprehend the benefits to be achieved from such actions. Some may say 'yes' we have grown and so we should be doing our own thing. Such an analogy may be fine providing that we are not

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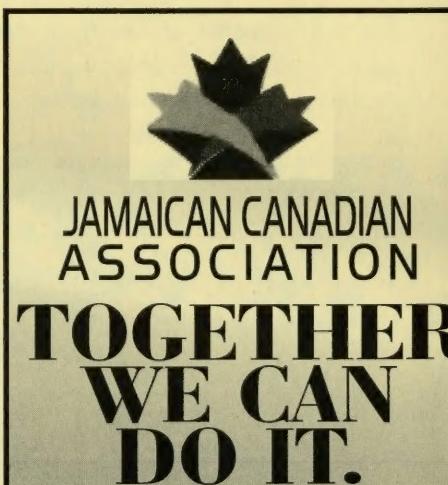
shooting ourselves in the foot economically and otherwise. My question is, "why is it that developed countries like Canada, Australia, New Zealand and others who still remain part of the Commonwealth are not eager to break away and become republics?"

You may have heard that we (Jamaica) are now manufacturing cars on the island. On August 29, 2003 history was made when Mr. Patrick Marzouca, Managing Director of Excel Motors Limited shipped the first manufactured Island Cruiser motor car to a buyer in the Bahamas. Thirty (30) cars have been built so far and they expect to explore the Caribbean market through Caricom and later other countries. The retail price ranges from U.S. \$10,000.00 to U.S. \$13,000.00, fairly cheap. I was informed that they are smooth running and durable. Congratulations also go out to a son-of-the-soil. Twenty Eight (28) year old Sgt. Curtis Campbell, who served in the war against Iraq this year. He is considered a hero because his convoy was ambushed during combat and eleven (11) of his comrade soldiers died and seven (7) others were taken prisoners including the now famous Private Jessica Lynch. Sgt. Curtis received a Purple Heart citation from his hospital bed in Washington, the Bronze Star for valor and the New York State Conspicuous Service Cross for heroism from New York Governor George Pataki. Sgt. Curtis gave the Governor the pair

of boots he wore during combat. This gives some credence to the saying "whatever is happening in the world, good or bad, a Jamaican is always in the mix."

We must not forget to congratulate again our own Jamaican Athlete, Brigitte Foster who finished second (silver) despite a fall in the 100 meters Hurdle at the World Athletics Championship held in Saint-Denis, France in August 2003. Perdita Felicien of Pickering, Ontario took the gold with an exceptionally bold run, while Miesha McKelvy of the U.S.A. captured the Bronze. Brigitte was already Jamaica's Pan American Champion. While congratulating others, let us welcome Air Jamaica back to Toronto. The inaugural flight will be in April 2004. Let us all support this, our nation's very own airline. We anticipate exceptional service and will face any delays with the same civility offered to other airlines.

To conclude, let me remind you that Christmas is just around the corner and it is time for our Annual Grand Market & Bazaar. Saturday, November 29, 2003 is the date. Please come out and support our vendors. You will find lots of bargains suitable for Christmas gifts.



QUARTERLY MEETING

SUNDAY
NOV. 30, 2003

2:00 p.m. - 6:00 p.m.

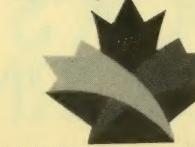
Jamaican Canadian Centre
995 Arrow Road

For further information call
JCA at (416) 746-5772

NOTICE TO ALL MEMBERS
AT THE QUARTERLY MEETING
THE BOARD WILL BE
RECOMMENDING CHANGES
TO THE CONSTITUTION

JCA's web page/address - Web Site: www.jcassoc.com • E-mail: info@jcassoc.com

SENIORS CLUB



JAMAICAN CANADIAN
ASSOCIATION
995 Arrow Road

Tues. & Thurs.,
11:00 a.m. to 4:00 p.m.

Our activities include:
Arts and crafts,
choral group, discussions,
seminars and field trips.

*Come and meet people who
will treat you like family
and a friend!!*

*For more information call
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We would like to keep in touch with you.

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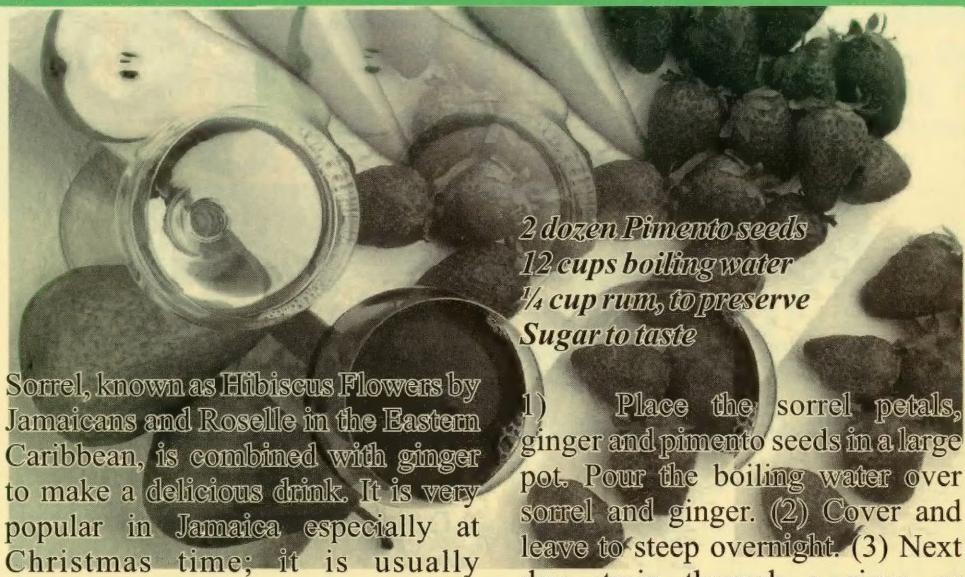
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Cook's Corner

SORREL OR JAMAICAN FLOWERS DRINK

Taken from: *Down to Earth Jamaican Cooking* by Laurice DeGale

For your copy of this excellent, easy to follow cookbook, call (416) 267-6081



Sorrel, known as Hibiscus Flowers by Jamaicans and Roselle in the Eastern Caribbean, is combined with ginger to make a delicious drink. It is very popular in Jamaica especially at Christmas time; it is usually accompanied with Christmas cake during one's round of Christmas visits.

2 dozen Pimento seeds
12 cups boiling water
1/4 cup rum, to preserve
Sugar to taste

1) Place the sorrel petals, ginger and pimento seeds in a large pot. Pour the boiling water over sorrel and ginger. (2) Cover and leave to steep overnight. (3) Next day strain through a sieve or cheese-cloth. (4) Add rum and sugar to sweeten. Pour into bottles and refrigerate.

Serves 10-12

UPCOMING EVENTS

EVENT	DATE	TIME	LOCATION
<u>JCA SCHOLARSHIP BANQUETS</u>	Sat. Nov. 22	6:00p.m. - 10:00pm	JCA CENTRE
<u>CHRISTMAS GRAND MARKET & BAZAAR</u>	Sat. Nov. 29	9:00 a. m. - 3:00 p.m.	JCA CENTRE
<u>*QUARTERLY MEMBERSHIP MEETING</u>	Sun. Nov. 30	2:00 - 6:00pm	JCA CENTRE
<u>ANNUAL CHILDREN'S CHRISTMAS PARTY</u>	Sun. Dec. 7	2:00 - 5:00 p.m.	JCA CENTRE
<u>ANNUAL STAFF, BOARD CHRISTMAS PARTY</u>	Sun. Dec.	0:00 - 0:00 p.m.	JCA CENTRE
<u>NEW YEAR'S EVE GALA</u>	Tues. Dec. 31	6:30 p.m.	JCA CENTRE
<u>BOONOONOOS BRUNCH</u>	Sun. Feb. 8	TBA	JCA CENTRE